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| DESCRIPTORS | Creativity; *Dance Education; Human Body; Imagery; Interpersonal Relationship; *Movement Education; Personal Space |
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ABSTRACT

This book features 128 exploration exercises to help dancers improve their focus, observe and explore movement systematically, and refine their techniques to create better dances. It explores the fine line separating dance and movement. Nine chapters include: (1) "Creating Spatial Awareness" (using personal and general space and focusing on direction, levels, and pathways in the dance environment); (2) "Moving With Purpose and Sensitivity" (using the body to create shape, and trying isolation movements, body supports, and various locomotor and nonlocomotor movements); (3) "Balancing Time and Energy" (experimenting with speed and flow and exploring dynamics, movement qualities, and rhythmic patterns); (4) "Relating to People and Objects" (understanding how the body relates to objects, individuals, and groups); (5) "Mastering the Principles of Movement" (understanding techniques in alignment, physical and psychological center, breathing, and balance); (6) "Expressing Form" (exploring ways to express oneself through visual aspects of movement); (7) "Using Signs and Signals" (learning to use the body and various forms of imagery to convey ideas and feelings in movement); (8) "Finding Sources of Inspiration" (studying external objects for creative inspirations in dance making); and (9) "Creating Your Own Dances" (creating dances from inspiration to presentation). (Contains 64 bibliographic references.) (SM)

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